

CELEBRATING THE CLASS OF 2023

Humanity | Courage | Curiosity | Respect

Instilling unwavering courage and curiosity to educate women of ambition, integrity and consequence.

Higher School Certificate

International Baccalaureate Diploma





THE CLASS OF 2023





Kambala, a contemporary thought leading girls' school.

In what has been our 136th year, we are delighted to share the outstanding achievements of the graduating class of 2023.

2023 was a busy year for everyone at Kambala and it was wonderful to see the girls thrive in their educational, co-

curricular and extracurricular endeavours. Our programs and activities continue to develop a love for lifelong learning, and we enjoyed delivering many successful events for families last year. All students approached Term 1 with excitement and anticipation, particularly the Year 12 cohort, who did so with great enthusiasm. The year raced by, like any other, but as the final year for the Class of 2023, it was filled with learning, joy, and rigorous thinking.

Kambala's purpose is to instil unwavering courage and curiosity to educate women of ambition, integrity, and consequence. This purpose was realised in the attributes and capabilities of this impressive cohort of young women. Their accomplishments were facilitated by the professional expertise and commitment of their teachers who share their knowledge and contribute to the broader education in this girls' school community. Kambala offers a choice of academic pathways with the Higher School Certificate and the International Baccalaureate Diploma Programme. We encourage our girls to pursue what feels right for them. Our role at Kambala is to raise women of integrity who will graduate with a level of maturity, resilience and resourcefulness that will encourage a truly global perspective.

In the Higher School Certificate, the Class of 2023 had 78 students continue the longstanding tradition of Academic excellence and were ranked 25th most successful school in NSW by the Sydney Morning Herald. Four girls placed on the All-Round Achievers list, 11 girls on the High Achievers list and 61 students on the Distinguished Achievers List.

Kambala's 22 IB graduates achieved an overall average of 39, significantly higher than the global average of 29.06. The total IB score is out of 45. Across all of our IB students, 32% achieved an ATAR above 99, with two of our students achieving a perfect 45 score.

This cohort can be exceptionally proud of their achievements, and on behalf of the Kambala Community, I commend the entire class for their diligence and tenacity and wish them every success in their next journey beyond the school gates.

Ms Jane Danvers Principal



YEAR 12 2023 HIGHLIGHTS

The Class of 2023 have certainly lived up to their motto of "Passion in Purpose". As a year level who strived for excellence, they have also consistently shown kindness to each other, as well as to all members of the school community.

I was honoured to reflect upon Year 12's achievements during the Valedictory Assembly in September, and am very proud of the way in which they approached their final examinations for the HSC and IB during Term 4.

Schooling has evolved and changed significantly as a result of the global pandemic, and the class of 2023 have displayed remarkable resilience to face the challenges that this brought about. All 108 students are commended for graduating Kambala this year, and for being such wonderful role models.

I am proud of the tenacity and commitment that Year 12 have shown, whether it be towards their studies, musical or dramatic pursuits, within the sporting arena, and any other co-curricular activities. I shall never forget seeing them all come together at the Opera House for the Music Festival this year, as Kambala made their long awaited return to the concert hall. They certainly raised the bar for those following in their footsteps, and the songs will echo there for many years to come. Across Athletics, Swimming, and Drama competitions, Year 12 have not only shown a commitment to their house, but to their Kambala sisters in all other years.

Whilst the Class of 2023 have received an enormous amount of support from their peers, they have also been fortunate to be guided by their mentors, teachers, parents, and carers. It is this support, coupled with the incredible attitude of Year 12, that has enabled them to have such a rewarding experience at Kambala.

Year 12 are congratulated for their excellent results, and are encouraged to continue to follow their motto of "Passion in Purpose". As a school, we look forward to hearing of their continued success post-graduation.

Mr Timothy Hay Head of Year 12



PASSION IN PURPOSE

"Kambala is a place where our relationships are central and where our education is always challenging and future-focused on what it is to be a young woman right now; one where we come together in a real sense of community and care for each other."

This quote from Ms Danvers has shaped and inspired our view of Kambala - as student leaders we hope to show up with the values which underpin the day-to-day activities and traditions of our school. Our motto for the Year 12 class of 2023, "Passion in Purpose," serves as a guiding light, inspiring us to excel not only academically but also in our demeanour, compliance with school policies, and respect for others.

Each morning, when we dress in our school uniform, we contribute to the sense of unity and cohesion that strengthens our school's spirit, acting as a visible representation of our collective identity and pride in belonging to the Kambala community. By adhering to the uniform guidelines, we demonstrate our commitment to the values and traditions that have shaped our school.

These values include respect, which lies at the heart of our interactions with peers, teachers, and staff members, and by embracing it we contribute to the creation of a supportive and inclusive community. It empowers us to celebrate diversity, recognise the achievements of others, and cultivate an environment that encourages growth and collaboration, while concurrently allowing us to demonstrate our commitment to principles of humanity and equality through acts of service. This is a principle which has strongly guided and shaped our leadership journey this year and we hope has influenced the wider Kambala community to demonstrate greater appreciation for their peers and learning environments.

Our Year 12 motto, "Passion in Purpose" propels us towards excellence in all aspects of our lives, serving as a reminder that our actions, no matter how small, have the power to make a difference. As leaders of the school, our cohort hopes to embody this theme by exemplifying the values we believe in and encouraging others to do the same. By passionately pursuing our purpose, we inspire those around us to elevate their standards and embrace the ideals of Kambala. We have most proudly achieved this through our commitment to our cohort charity, the Women's and Girl's Emergency Centre (WAGEC) who support victims of family violence and emphasise the importance of "women supporting women" - an ideal which Kambala strongly affirms and nurtures. Not only have we raised \$10,000 for the organisation, but we hope to have inspired a greater understanding of the social justice issues which affect our wider community. We owe a huge thank you to all the individuals and families who have contributed to helping the cohort of 2023 reach this goal through the constant embrace and support of our fundraisers and events.

As school leaders, we encourage and hope to influence students to show up with pride, dedication, and a commitment to excellence.

Ava Kuehn Head Prefect 2022–23







2023 HSC HIGH PERFORMERS

I am delighted to congratulate the class of 2023 on their HSC and IB results. This cohort was a cohesive group of young women who supported each other and their community. They thought beyond themselves and participated in various communities whether that be academic, extra or co-curricular and also beyond the school gates. For this reason I am proud and very grateful to this cohort. I am confident these now Kambala Alumnae will continue to excel in various fields and most importantly prosper in their relationships and communities of the future. Well done and go forth and embrace all life has to offer.

Ms Carolyn Gedling Deputy Principal Academic

ALL-ROUND ACHIEVERS LIST

Accomplishment of a Band 6 (90% or more) across 10 or more units of study





Zoe Dyson



Emanuella Macarounas



Emanuella Macarounas

99.30 ATAR

Peta Vassallo

HSC HIGH ACHIEVERS

The following students achieved a B6/E4, in 8 or more units



Lucinda Fletcher



Alexandra van Gelder



Matilda Jones



Elektra Kalantzis









Antonia Lennox



Sophia McGill



Jemima Salt



Claudia Williams



Willow Wilson



Sofia Kooner



DISTINGUISHED ACHIEVERS, HSC 2 UNIT COURSES STUDENTS GAINING BAND 6

Ancient History

Xanthe Carolan Zoe Dyson Alexandra van Gelder Matilda Jones Pia Katsabaris Antonia Lennox Willow Wilson

Biology

Amelia Baxby Lynna Chen Alexandra van Gelder Matilda Jones Sofia Kooner Emanuella Macarounas Darcie Shaw Claudia Williams

Business Studies

Amelia Baxby Lucinda Fletcher Milla Flintoft Elektra Kalantzis Saskia Nacard

Design and Technology

Milla Flintoft Mila Folsom Adia Hedges

Drama

Grace Culbert Ashley Friezer Lulu Joye Jemima Salt Claudia Williams Siena Williams

English Advanced

Verona Bates Amelia Baxby Annabel Brooker Lucienne Cao Xanthe Carolan Lynna Chen Celia Cropper Hannah Dixon Zoe Dvson Lucinda Fletcher Milla Flintoft Sophie Flynn Alexandra van Gelder Eve Gibson Adia Hedges Isabella Jennings Matilda Jones Lulu Joye Elektra Kalantzis Pia Katsabaris Polly Kirton Sofia Kooner Ava Kuehn Antonia Lennox Emanuella Macarounas Sophia McGill Ada Mrvic Saskia Nacard Neve O'Neil Jemima Salt Darcie Shaw Ava Simpson Taliah Strang Peta Vassallo Claudia Williams Willow Wilson

Sara Zimmerman

French Continuers

Emanuella Macarounas

Geography

Emanuella Macarounas

Legal Studies

Lucinda Fletcher Sophie Flynn Matilda Jones Lulu Joye Elektra Kalantzis Antonia Lennox Saskia Nacard Neve O'Neil Claudia Williams Sara Zimmerman

Mathematics Standard 2

Charlie Reed Mia Walls

Mathematics Advanced

Verona Bates Lynna Chen Sophia McGill Darcie Shaw Ava Simpson Peta Vassallo

Modern History

Verona Bates Xanthe Carolan Zoe Dyson Lucinda Fletcher Eve Gibson Sophia McGill Peta Vassallo

Music 1

Zara Psirakis

PDHPE

Ava Kuehn Sophia McGill Ava Simpson

Physics

Polly Kirton

Studies of Religion I Year 11 Accelerant

Zoe Beattie Heidi Gerber Lilly Graebner Stephanie Harvey-Fros Elektra Kostas Scarlett Parnes Sophie Regan Lily Richards Talor Taibel Lily Thangaraj Kya Wilkinson

Visual Arts

Amelia Andrews Zoe Dyson Mila Folsom Ashley Friezer Charley Hearne Adia Hedges Elektra Kalantzis Pia Katsabaris Ada Mrvic Jemima Salt Peta Vassallo Willow Wilson



2023 HSC DISTINGUISHED ACHIEVERS – EXTENSION COURSES, STUDENTS GAINING BAND E4

English Extension 1

Verona Bates Alexandra Cole Hannah Dixon Zoe Dyson Milla Flintoft Alexandra van Gelder Isabella Jennings Lulu Joye Pia Katsabaris Sofia Kooner Ava Kuehn Antonia Lennox Emanuella Macarounas Sophia McGill Ada Mrvic Neve O'Neil Jemima Salt Taliah Strang Peta Vassallo Willow Wilson

English Extension 2

Zoe Dyson Alexandra van Gelder Isabella Jennings Pia Katsabaris Sofia Kooner Ava Kuehn Antonia Lennox Emanuella Macarounas Neve O'Neil Peta Vassallo Willow Wilson

History Extension

Verona Bates Zoe Dyson Eve Gibson Matilda Jones Polly Kirton Sofia Kooner Antonia Lennox Saskia Nacard Sara Zimmerman

Latin Extension

Ava Jamour Willow Wilson

Mathematics Extension 1

Verona Bates Maria Zhao*

Music Extension

Hayley Gunsberger Siena Williams

*Mathematics Extension 1 and 2 averages are out of 100 where indicated.



IB 2023 HIGHLIGHTS

I am delighted to report on the outstanding achievements of our 2023 International Baccalaureate (IB) cohort. These results are truly exceptional with Kambala IB graduates achieving an overall average of 39, while the global average is reported as 29.06. Across all our IB students, 32% achieved an ATAR above 99, a notable increase from 2022.

Soraya Chen and Stephanie Zhang achieved the perfect IB score of 45. This is an outstanding effort as only 1% of all students undertaking the IB Diploma globally achieved this score. We congratulate Soraya and Stephanie.

17 students were placed as Outstanding IB Achievers earning a grade 7 in one or more subjects.

The IB results reflect the determination and tenacity of our students, and we join in celebrating their success and the many pathways that will now open for their future studies.

Mr Phillip Bird International Baccalaureate Coordinator

IB High Achievers

In order of achievement







Eli Alfassi 44 IB Score

Annabel Cox 43 IB Score

Amelie Piggott 43 IB Score



43 IB Score





Alice Malcolm 42 IB Score

Perfect Score



Soraya Chen IB score 45



Stephanie Zhang IB score 45

Soraya and Stephanie's achievements are demonstrative of the highest standards of scholarly inquiry and independent problem solving. Both students set themselves the goal of achieving the highest standards of academic achievement and they have proven themselves to be expert scholars. They are ranked in the highest echelons of young scholars around the world.

Both Soraya and Stephanie approached their six academic courses, the Theory of Knowledge course and the Extended Essay independent research project with open minds, questions, and a strong desire to learn for the sake of learning rather than for achieving marks. They have demonstrated the ideals of the IB Learner Profile and the IB's mission of responsible global citizenship and are now set to make a positive impact on their world.



Stephanie Zhang



IB 2023 HIGHLIGHTS

Grade A Achievers

Extended Essay

Theory of Knowledge

- 🔸 Eli Alfassi
- Soraya Chen
- Aolani Firth
- 🔸 Leila Gill
- 🔸 Vanessa Lin
- Brooke Shreck
- Leora Shafransky
- Natasha Simon
- Yujie (Sophia) Song
- Yuhan Tang
- Matina Theodorou
- Ebrel Yang

SUBJECT

• Stephanie Zhang

Grade 7 Achievers

•	Soraya	Chen

- Annabel Cox
- Aolani Firth
- 🔸 Leila Gill
- ♦ Alice Malcolm

STUDENT

🔸 Angela Ye



	SUBJECT	STUDENT
	SL History	Amelie Piggott Leora Shafransky
ong	HL Psychology	Eli Alfassi Soraya Chen Amber Hoddle Matina Theodorou Stephanie Zhang
ıg	HL Biology	Amelie Piggott Stephanie Zhang
0	SL Biology	Eli Alfassi Soraya Chen Amber Hoddle Matina Theodorou
rou	HL Chemistry	Annabel Cox Amelie Piggott Stephanie Zhang
	SL Chemistry	Allegra McGivern Angela Ye
	HL Mathematics Analysis and Approaches	Annabel Cox Angela Ye
	SL Mathematics Analysis and Approaches	Eli Alfassi Annabel Cox Amber Hoddle Amelie Piggott
	HL Music	Eli Alfassi Leora Shafransky
rou	SL Music	Annabel Cox Angela Ye

HL English Literature	Soraya Chen	SL H
SL English Literature	Stephanie Zhang	HL P
HL Mandarin Chinese B	Jessica Liu Yujie (Sophia) Song	
SL B Mandarin Chinese	Eli Alfassi Ebrel Yang Angela Ye Stephanie Zhang	HL B
SL B French	Annabel Cox Leila Gill	SL B
HL German B	Leila Gill	
HL Latin	Alice Malcolm	HL C
SL Latin	Matina Theodorou	
SL Spanish Ab Initio	Amelie Piggott Soraya Chen	SL C
HL Economics	Jessica Liu	HL M and
SL Economics	Annabel Cox	SL M
HL Global Politics	Vanessa Lin	and
SL Global Politics	Yuhan Tang	
HL History	Soraya Chen	HLM
	Alice Malcolm Matina Theodorou	SL M

FUTURE PATHWAYS

2023 Cohort - Major Celebrations!

Congratulations to the Year 12 Cohort of 2023 for their comprehensive future pathways planning. A wide range of pathways are going to take place including: Medicine, Commerce, Psychology and IT/Engineering. A small number of students are taking a gap year with a view to deferring their university admissions for the year ahead. An indication of pathway choices can be seen in the table below.

Chosen Pathway	No. of Students	Chosen Pathway	No. of Students
Architecture	7	Law	17
Commerce	14	Medicine	16
Dentistry	3	Psychology	14
Engineering	11	Teaching	7
Graphic Design	5	Theatre	2
IT	8	Veterinary Science	4

University Choices – Australia and Overseas

The most popular universities continue to be the University of Sydney (QS Global ranking 41st), Melbourne University (QS Global ranking of 33rd), Australian National University (QS Global ranking of 30th) and the University of New South Wales (QS Global ranking of 45th). Internationally, around 20 students from Kambala are applying to various universities including Cambridge University, Oxford University, King's and Durham College in the UK and in the USA, the Ivy League universities such as Harvard University and Brown University.

Personalised Future Pathways Planning Interviews

Many students have taken advantage of Kambala's ability to offer extensive personalised planning interviews. These interviews have taken place throughout the year, including an additional set of interviews held with Mr Pettit, Mr Knox and Mr Bird which had a focus on career planning and academic progress. Over 700 interviews have taken place with students, parents and carers, including drop-in, unscheduled interviews for quick pieces of feedback.

Support of Student Applications

Kambala teachers have been busy producing comprehensive, supportive references for students seeking scholarships, access to residential programs, university early entry programs and school recommendation schemes. Over 100 references have been completed over the past 12 months by various teachers in support of student applications.

STEM/Business Assemblies

This year has seen a continuation of the Women in STEM/Business Presentations. A variety of guests have provided students with a glimpse of their own career journeys, with many Kambala Alumni being a part of the program. The program will continue next year with a broader base of guest speakers and greater variety of topics.

University of Sydney – Residential College Visits

Many students have also attended formal dinner functions at some of the Sydney University Residential Colleges, including St Andrew's, St Paul's and the Women's College. These events have allowed students to experience a 'taste' of life at the colleges, helping them with their





From top: Guest speakers Annie Handmer and Shae Ingram seen with Mr Ian Pettit the Future Pathways Advisor, were invited to the Kambala Women in STEM/Business Presentation 2023; Students attending a formal dinner at St Andrew's Residential College.

decision making. The application process has become very competitive with references, interviews and personal statements a common requirement. Many students have been accepted into residential colleges through the strong support of teachers writing references and providing practice interview sessions.

Other Future Pathways events this year have included Lunchtime Specialist Forums on a variety of topics such as AI and Medicine. Kambala has also hosted several university lunchtime presentations and opportunities for 'one to one' career interview bookings with the University of Sydney.

Future Pathways Advisory Group

This year a more formalised 'Future Pathways Advisory Group' was established to make sure the Beyond Kambala Career's website and school based careers activities were more closely aligned with student needs. Another advisory group is planned for next year.

Special Thanks to Kambala Old Girls (KOG)

I would like to take this opportunity to thank all the members of the KOG community for being so generous in their support of our current students. KOG have offered advice in person, via email and zoom, given guest presentations and offered to accept current students into their workplaces. With this level of support 2024 is looking very exciting for the Future Pathways development at Kambala.

Mr Ian Pettit

Kambala Future Pathways Advisor

CREATIVE AND PERFORMING ARTS

DRAMA NESA OnSTAGE GROUP PERFORMANCE The following students have been nominated

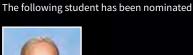












DRAMA NESA OnSTAGE INDIVIDUAL PROJECT









Grace Culbert – Set Design





Lulu Joye







Zara Psirakis



Jemima Salt

Claudia Williams



Siena Williams

MUSIC ENCORE

Lulu Joye

The following students have been nominated





Zara Psirakis Music 1 – Performance

Hayley Gunsberger Music 2 -Composition

DESIGN AND TECHNOLOGY SHAPE The following students have been nominated





Mila Folsom

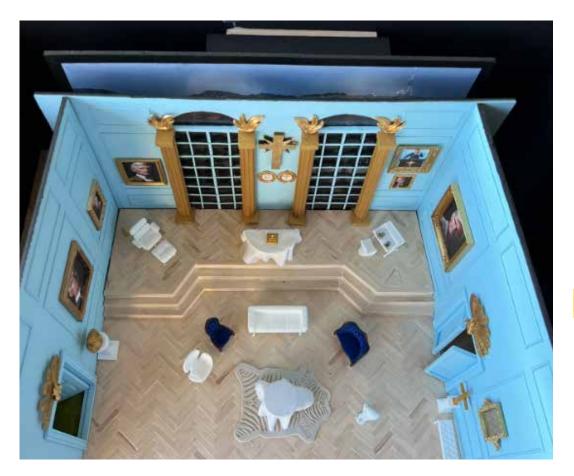
Adia Hedges





Milla Flintoft

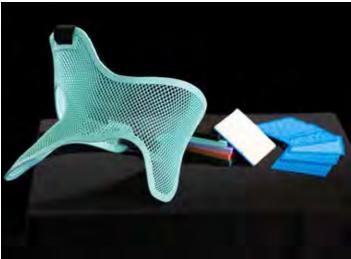
Claudia Williams



Congratulations **Grace Culbert** who has received a NESA nomination for her HSC Drama Set Design.

Grace designed this stunning set for the play 'Tartuffe' by Moliere.





Congratulations to Design and Technology student **Milla Flintoft** who has been selected for the SHAPE award, an exhibition that features a selection of students' exemplary 2023 HSC major projects from Design and Technology, Industrial Technology and Textiles and Design.

Milla designed a scoliosis brace, that aims to meet the need for a medically sound, fashionable, functional product, which brace users can wear comfortably and confidently.

GOLD SUCCESS

The class of 2023 should be celebrated for their dedication, passion and commitment towards the Duke of Edinburgh Award (DOEA) over the past years. This year, we had 6 Kambala Year 12 students who have completed, or are soon to complete their Gold DOEA.

While it is commendable for any student to successfully complete a level of the DOEA, particular recognition is due to these six students. They have demonstrated exceptional tenacity and determination by accomplishing various award levels during the pandemic, which imposed additional challenges on their journey towards achievement. By the end of the Gold DOEA, awardees must have completed over 200 hours of activity in Physical Recreation, Community Service, Skill Development, a Residential Project and an Adventurous Journey. Our six celebrated students took this challenge in their stride, using the opportunity to work on driving skills, English tutoring and First Aid training, to name a few.

The Service Activity has consistently stood out as one of the most fulfilling components of the award for students. Over the duration of the Gold DOEA program, recipients engage in a minimum of 12 months dedicated to voluntary service. This cohort of students enthusiastically seized this opportunity, and during their award journey, they actively participated in a variety of meaningful activities. These included volunteering at soup kitchens, contributing to cleanup initiatives, offering assistance at Hampshire House, taking part in surf life saving efforts, guiding youth groups, and coordinating fundraising events for their school. By successfully fulfilling the requirements of their awards, these young individuals have unquestionably played a role in creating a positive impact in their communities.

It has been a pleasure for Ms Laytham, Mr Knox and I to assist these Year 12 students as they have navigated this award amidst the challenges and intensity of their senior years. I wish them all the best in the future.

Miss Allanah Beatty

Duke of Edinburgh Coordinator

Verona Bates

My highlights of taking part in the DOEA were the camps I completed. I went to a rural farm six hours outside of Melbourne and took part in bush regeneration as my service component, I was able to swim in the local creek and meet lots of new people. For my final camp I did a hike around greater Sydney and there was unexpected rain which brought many leeches which was very entertaining. During COVID-19 I was able to complete my skill component of debating by competing in the competitions and attending training online. I had to pause my service component but was able to continue with sport by going for runs.

Ella Macarounas

As a part of my DOEA experience, my highlights were being able to forge stronger friendships through the hardships of the expeditions. Especially in the silver and Gold journeys where Antonia and I were solo for our teamwork and cooking sessions, we became extremely close after hours spent together. Amazingly, throughout all the difficulties of the journeys, the nights passed laughing in our tent and chatting on the long walks made us extremely close as our bond continued to grow after each level of the Award. My favourite moment spent together was kayaking down the Colo River, learning new card games in the Wollemi National Park each night, and waking up to horses and donkeys on Silver.

The biggest challenge for me was finding a residential project that allowed me to learn a new skill, connect with people, and aid the community. I was able to find a remote first aid learners course run by Youth Advanced that taught me important health skills, whilst also playing fun games and having fun by meeting new friends. I really enjoyed the chance to learn new abilities and get to know people online. Despite the challenge, I really ended up profiting from the restrictions all in all, and had a great experience developing important strengths in fatigue management, CPR, and seizure training.

Amber Hoddle

I started the DOEA in 2022, so I was able to jump right up to Gold, and I have very much enjoyed it. Participating in the award has given me many opportunities that I never would have considered taking part in before. A highlight would have to be the Adventurous journey. When I found out that hiking for five days in the woods was a requirement for the award, I was very tempted to give up, but I am now happy that I went through with it. It was a unique and fun experience sleeping in the wild for a week, and despite having to hike for eight hours in rain and hail, I had a great time. I felt very accomplished that I made it through the week with only a couple of scratches. I also enjoyed going to a study camp for my Residential Project. While I don't think it's something I will ever do again, I was surprised by the friendships and good memories that I got out of it. Completing this award has pushed me outside of my comfort zone, and I am very proud to have completed it.



Allegra McGivern

Highlights for me included the Gold DOEA hike with Ella and Antonia, during which we had an ongoing rivalry with another group and we pulled out all of their tent pegs! Furthermore, all of the friends and connections I have made through all of the activities were definitely a highlight. Challenges included difficulty in finding service to do during the COVID-19 lockdown, and not being able to meet the people I was doing my service for face-to-face.

Georgina Randall

I have completed my Bronze, Silver and Gold DOEA. I completed my DOEA during the COVID-19 2019 pandemic, which added additional challenges to the award. Some of the challenges that I faced were being unable to complete the adventurous journey and volunteering when NSW was in lockdown. I overcame these challenges through online volunteering at my local library via zoom, where I would create digital projects such as posters for encouraging people to go to the library. I enjoyed the award as it encouraged me to try different activities, helped me meet new people and taught me new skills that I will use for the future.

Antonia Lennox

A great highlight of my DOEA experience was having a good friend by my side. Ella Macarounas and I have been doing our DOEA camps together since we began bronze and have stayed together until gold. She has been a great asset to my experience because she always approaches each day with a smile and a positive attitude. It was really great to have someone I could count on during these trips to ensure we both made it through. My favourite moment from the award was stargazing outside our tents at the remote campsite. It was really great because I was able to truly appreciate the outdoor experience of DOEA where we could take time to be with nature. Another highlight was during my silver camp when our group arrived at a remote campsite and played cards for many hours as we were able to bond with other people in our group.

COVID-19 restrictions were challenging as they inhibited us from doing a proper residential camp for our Gold DOEA. Instead we had to do an online course but it was still very useful to improve my lifesaving skills. Another challenge of COVID-19 was that I could not do my normal skill of swim training properly because of the restrictions which meant I had to readjust and adapt my skills in order to complete my Gold.



